

LIQUID DIET, FULL

(Sheet 1 of 2)

PURPOSE:

This diet is intended for the patient who cannot chew or swallow solid foods or as a transition from the clear liquid to a soft or general diet.

DESCRIPTION:

This diet is a modification in the consistency or texture of the normal diet. It contains foods which are liquid or will become liquid at body temperature and are free from mechanical irritants.

BASIC INFORMATION:

Milk-based foods make up a large proportion of this diet.

NUTRITIONAL ADEQUACY:

This diet may be inadequate in niacin, folacin, and iron. If the diet is used for longer than 2 to 3 weeks, a liquid vitamin/mineral supplement is recommended. Patients with lactose intolerance should use a lactose hydrolyzed milk or use lactose-free products.

FULL LIQUID DIET - FOOD LIST

Food Groups	Foods Allowed	Foods to Avoid
Milk & Dairy	All milk and milk drinks such as milk shakes and eggnogs made from commercial mix, yogurt—plain or flavored (no seeds or fruit pieces). All beverages including high-protein, high-calorie oral supplements.	Cheese, cottage cheese
Meat/Meat Substitutes	Eggnogs, custards.	All others
Breads / Grains	Thin, cooked cereal such as farina, grits, oatmeal.	All others
Fruits / Vegetables	Vitamin C sources (daily): Strained citrus and tomato juices. Vitamin A sources (alternate days): Strained carrot juice.	All others
Desserts and Sweets	Custards, puddings, plain gelatin, plain ice cream, ice milk, sherbet, sugar, hard candy, honey, popsicle, syrup, frozen yogurt.	All others
Miscellaneous	Butter, margarine, cream, nondairy creamer.	All others

SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
BREAKFAST Fruit Juice Cereal Meat/Meat Substitute Milk/Dairy Beverage	Orange Juice, Strained Farina Custard 2% Milk Coffee
DINNER - NOON OR EVENING MEAL Soup Juice Salad Dessert Beverage	Strained Cream Soup Tomato Juice Lime Gelatin Ice Cream Ginger ale
SNACK Milk/Dairy	1 Milkshake
SUPPER - EVENING OR NOON MEAL Soup Juice Dessert Beverage	Strained Cream Soup Peach Nectar Popsicle Chocolate Milk
SNACK Juice Milk/Dairy	Cranberry Juice Vanilla Pudding, 2% Milk

Nutrient Analysis

Calories	1881 Kcal	Riboflavin	2.7 mg
Protein	60 gm	Thiamin	0.9 mg
Carbohydrate	293 gm	Folate	161 mcg
Fat	56 gm	Calcium	1822 mg
Cholesterol	311 mg	Phosphorus	1572 mg
Dietary Fiber	7 gm	Zinc	7 mg
Vitamin A	931 RE	Iron	5 mg
Vitamin C	133 mg	Sodium	3205 mg
Niacin	5 mg	Potassium	3120 mg